

FALL

NOV 4 - DEC 20

GROUP EXERCISE SCHEDULE

BARBER PHYSICAL ACTIVITY CENTER

UNIT PT'S FOR AT LEAST EIGHT PEOPLE IN CYCLE OR FITNESS CLASSES NOT ON THE SCHEDULE CAN BE ARRANGED 36 HOURS IN ADVANCE.

*Aikido classes have separate fees from Group Exercise classes

To schedule call, 703.784.2339 OR 703.432.0590, or email BPACregistration@usmc-mccs.org.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	SPIN CYCLE		SPIN CYCLE		SPIN CYCLE	
11:30 AM	YOGA	B.E.S.T.	YOGA	B.E.S.T		
11:30 AM	SPIN CYCLE	SPIN CYCLE	SPIN CYCLE	SPIN CYCLE	SPIN CYCLE	

MARTIAL ARTS CLASSES ARE MONDAY AND WEDNESDAY 4 - 5:30 PM AND SATURDAY 9 - 10 AM.

All ranges of experience are encouraged. No gi or equipment is required to participate. Full contact class. The instructor invites you to come try a class before registering! \$65 PER MONTH.

Special Event - Nov 29

Turkey Burn Cycle: 9:15-11:15 AM

**No regularly scheduled classes:
Nov 11, Nov 27-29 *Dec 11 cycle
classes only**

FOR MORE INFO, CALL 703.784.2339 OR 703.432.0590



quantico.usmc-mccs.org
[quanticomccs](#) [@mccsquantico](#)
[mccsquantico](#) [mccsquantico](#)

Working out with a group provides extra motivation, camaraderie, and fun. Our wide variety of classes are great for beginners to advanced exercisers. All of our classes are conducted by certified instructors.

IN THE EVENT THAT AN INSTRUCTOR IS NOT AVAILABLE, A WELLBEATS VIDEO CLASS WILL BE USED FOR INSTRUCTION.

B.E.S.T. (BASIC ENDURANCE STRENGTH TRAINING)

This class emphasizes the development of strength and functional conditioning with traditional weight-lifting exercises primarily using barbells and dumbbells. The training goal is to build long, lean, stronger muscles focusing on the endurance end of resistance training for a full body workout each class. Designed for all fitness levels.

SPIN CYCLE

An indoor group bicycling class designed for all fitness levels. This high cardio workout challenges leg endurance without the impact on the joints.

YOGA

Achieve physical, emotional, and spiritual well-being while strengthening your body. Yoga is a great way to manage stress and improve physical imbalances in the body.

TURKEY BURN CYCLE CLASS

Burn off the extra holiday calories in this two-hour cycle class. Attend for the whole two hours or any portion of it.

AIKIDO

A form of Martial Arts that focuses on self defense and blending with an attacker's movements. Aikido is a great venue for improving flexibility, strength, and cardio. This class is open to all participants regardless of their level of experience. Class has an emphasis on technique and practical application.

Fee per month is \$65.00

WELLBEATS IS "FITNESS ON DEMAND"

There is one kiosk available for workout videos in a program called WellBeats. During unscheduled time slots, you can request to use the WellBeats program. However, **ALL WELLBEATS CLASSES MUST END 30 MINUTES BEFORE THE START OF A SCHEDULED CLASS.** Choose from a variety of programs such as kickboxing, step, sports interval training, strength training, indoor cycling, and yoga/pilates fusion classes. You can choose a class for 20 minutes, 35 minutes, or 50 minutes.

WellBeats virtual classes are **FREE** to all authorized users.

TO TAKE A WELLBEATS CLASS:

Report to the front desk Fitness Center Attendant to sign-in and gain access to the room.

COST:

- Active Duty & Reservists **FREE**
- Family members & Retirees \$25 per month
- DoD Civilians \$35 per month
- Daily drop-in \$5 per class/pro-rated fees not available
- Contractor fees:
 1. Use facility only \$40
 2. Use group exercise only \$40
 3. Use facility AND group exercise \$60

Fees are prorated after the 15th of the month (Also December):

- Family Members and Retirees: \$18
- DoD Civilians: \$25

Please see front desk for payment information.

MCCS encourages and supports the participation of individuals of all abilities in its programs and facilities. Ages 16 and up may participate in all of our classes. Ages 14-15 can participate when directly supervised by a legal guardian who is participating in the class also. Please call if you need a reasonable accommodation to fully participate.